Amy- Mountain Bike Riding

The mountain bike riding was a team effort by the whole group. The explanation of task was very thorough, as it outlined the road safety and about the bike itself. Everyone rode well together and ensured that if anyone needed help, the group would join together and help them along. Aspects of the activity that could be improved is having a leader at the front of the pack and one at the back, that way nobody goes in front or lags behind. Next time I would undertake this activity with students I would make it a shorter ride.  
Overall, I am proud to say I completed an 18km bike ride.

Emma- Flying Fox  
  
The flying fox safety instructions and demonstration on how to put on the harness on was in great detail. Aspects of the activity that went well were everybody in the group had a go, even those who were afraid of heights and there was a lot of encouraging for each other. Things that could be improved on for next time is ensuring students are feeling safe and secure in the harness. Next time I undertake this activity with students I would find something for other students to do while they are waiting for their turn.  
Overall, it was a lot of fun and was able to have a go at it many times.   
  
Sarah- Beach Volleyball  
  
Beach volleyball was an engaging and interactive activity to participate in. Aspects of the activity that went well were time allowing to practice the skills of volleyball and everybody being able to have a go. There was encouragement from each member to do their best. There are no improvements I would make to this activity as it covered all bases. If I was to do this activity again with children, I would focus more time on the skills.  
Overall, it was an enjoyable time.  
  
Gram- Hut Building  
  
Hut building required a lot of team work and effective communication. Aspects of the activity which worked well was team work, as we worked together to make sure the hut was strong and supported so that it was water resistant. An improvement that could be made is allowing more time and a few more resources to build the huts. Next time if I were to undertake the activity with children I would allow more time to complete the tasks.  
Overall, I had lots of fun and even better because we won.

Laura- Raft Building  
Raft building was lots of fun as it had a lot of thinking involved. Aspects of the activity that went well were the resources available to use and being able to race other teams made it more competitive and fun. An improvement to keep in mind for next time is allowing more time to plan and build the raft. Next time I was to undertake this activity with children I would teach different techniques or strategies on how to build a raft.  
Overall, it was a lot of fun even though that water was freezing